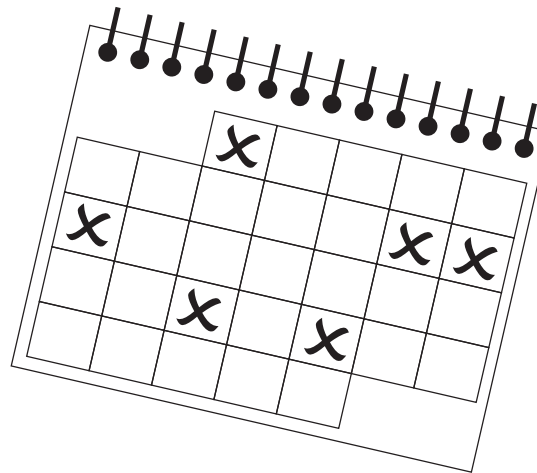


# ***SHHHHHHHHH....***

**I know you want to mow the lawn,  
but I need to sleep!**

*As a shift worker,  
fitting your own sleep  
into time that most other  
people are using for  
waking activities can be  
a source of tension and  
frustration.*



Using a visual calendar or diary to help others understand your sleep needs and sleep periods can be a really helpful way of making sure that everyone is on the same page and that people can 'see' when you are awake and when you need to sleep.

# ***ARRRRRRRRRGH!!***

## ***Why don't you understand?!***

When there are difficult things to be discussed, being sleep deprived or out of sync with your natural rhythms can put you at a disadvantage.

***Here's a simple guide to help ensure that conversations go as smoothly and positively as possible:***

***YOU*** – Start by re-stating the point of view of the person you are speaking to. Let them know that you've listened and taken their views on board. You can even check to make sure you've understood it correctly.

***ME*** – State your piece. Perhaps start with how you feel and preface what you say with those words "I feel that...". No one can dispute how you feel about something – the way you feel about it is the way you feel about it!

***US*** – Next, think about a compromise. Everyone gets to be a little bit right here. How can you work together to achieve the best outcome for you both?

### ***EXAMPLE***

***YOU*** – I understand that you wanted me to be there at the meeting earlier.

***ME*** – I feel that I really didn't have a choice about whether or not I went as I was knackered and had to catch up on sleep after my shift.

***US*** – Can we agree on a time when we could go through what was said at the meeting together so that I can bring myself into the picture?

# ***I JUST NEED A LITTLE BREATHING SPACE...***

Practising a simple 3 minute breathing exercise can really help relieve the pressure when things are getting on top of us.

## ***3 Minute Breathing Space***

*This is a brief meditation that can be used to punctuate the day and as a 'check in' with yourself if you notice yourself getting caught up in thinking. It can be done with your eyes open or closed.*

**ACKNOWLEDGING** – To begin with, check in with yourself by asking: "What's going on for me right now?"

What's going on **IN THE BODY**. What **SENSATIONS** do I notice? (e.g. feeling of sitting on the chair, feeling of tension in the shoulders). We're not trying to change anything – simply acknowledging that the sensations are there.

What's going on **IN THE MIND**. What thoughts do I notice? How does the mind feel in this moment? Are there any emotions present?

**GATHERING** – Gather your awareness into your breath, and let your attention come to focus and rest on the sensations of the in and out breath as it naturally flows in and out of the nose. Take ten mindful breaths.

**EXPANDING** – Having focused on the breath, allow your awareness to begin to expand out into the body once again. Broaden the awareness out into your immediate environment (i.e. what sounds can you hear, what smells are there, what's the temperature on your skin like?).

Gently re-engage with the world around you once again.

# ***HOW CAN I STOP MY MIND RACING WHEN I'M TRYING TO SLEEP?***

Often racing thoughts are linked to predictions of negative or even catastrophic future events. This is one of the most commonly reported reasons for why people find it difficult to fall asleep.

*Try these 3 simple steps when your mind starts to race...*

## ***01 – GIVE YOURSELF SOME PERSPECTIVE***

Often our minds, in an attempt to identify the most dangerous threats and to keep us safe, focus on the worst-case-scenario. However, as we all know, the worst-case-scenarios are often the least likely to take place.

## ***02 – IMAGINE A POSITIVE OUTCOME***

Once you've acknowledged the catastrophic thought, spend some time giving yourself some perspective and imagining a positive outcome. Notice whether this affects how seriously you're taking the original thought – if it's changed at all, it couldn't have been as bad as we initially predicted.

## ***03 – DO A RELAXING BREATHING EXERCISE***

Try breathing in slowly into your belly (using your diaphragm) and counting to 3. When you breathe out, count to 5 and let yourself relax as you exhale. This is known as diaphragmatic breathing and mimics the kind of breathing we all do when we're relaxed.



# ***I JUST LIE THERE TRYING TO SLEEP...***

## ***What should I do?***

The cruel truth is that sometimes the harder we try to get to sleep, the further sleep inches away from us.  
Try the 15 minute rule.

***"Sleep is like a dove which has landed near one's hand and stays there as long as one does not pay any attention to it." – Victor Frankl, Neurologist***

It is important to acknowledge the unhelpful effect of 'sleep effort' on our ability to nod off.

Simply put, if you're struggling to fall asleep, trying harder is unlikely to help get you to sleep and may just frustrate you even more.

And, spending time in bed when we're not sleeping can interfere with the association we have between the bed and sleep.

So, if you notice that you've been in bed for more than 15 minutes and aren't sleeping, it's a good idea to give yourself a break, get up, leave the bedroom and find something relaxing to do until you're feeling sleepy.

If you return to bed and the same thing happens, get up after another 15 minutes and repeat the process.

# ***PUT THE DAY TO REST***

Just as we lie down to sleep, we can often get caught up in all the plans and “mental reminders” that we’ve set ourselves throughout our time awake. Putting these thoughts to rest well in advance of going to sleep can avoid any potential disruption that they may cause in the run up to sleep.

***This is an exercise that can be helpful to do routinely, at the same time each day:***

→ Set aside 10 to 15 minutes a few hours before you’re planning to go to sleep

→ Go somewhere quiet where you won’t be disturbed

→ Grab yourself a pen and paper and dedicate this time to making a list of all the possible things from today that you might need to remember or to do tomorrow

→ Give yourself time to plan when you’re going to action the things that you need to do and then leave the list somewhere safe for tomorrow

→ If any of these thoughts arise later on when you’re trying to sleep, remind yourself that it’s on the list and that you’ve already made a plan to deal with it

→ If something that wasn’t on the list comes up, simply jot it down on another piece of paper by the bed and note that you’ll put it on the main list in the morning

# ***WORRIED? ANXIOUS?***

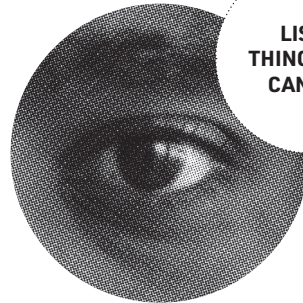
Anxiety is a feeling of unease, which - like a worry or fear - can be mild or severe. It can make your heart race, or even leave you feeling sweaty, shaky or short of breath. Sometimes, anxiety can feel more intense or overwhelming, and get in the way of your everyday life and relationships. During the Covid-19 pandemic many people are feeling anxious and out of control.

## **FOLLOW THE 3-3-3 RULE!**

**MOVE 3  
PARTS OF  
YOUR BODY**



**LIST 3  
THINGS YOU  
CAN SEE**

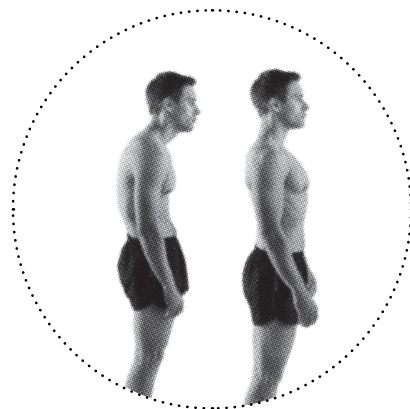


**NAME 3  
SOUNDS  
YOU HEAR**



Whenever your brain feels like it is going at 100 miles per hour in the wrong direction, this trick can help you calm down. Repeat the exercise as many times as you like to help reduce anxiety.

# ***Anxiety getting on top of you? 5 quick things to try...***



01

## **STAND UP STRAIGHT!**

It's natural to hunch over when you're feeling anxious - it's your body's way of protecting your heart and lungs. But it can also make breathing harder. So, pull your shoulders back, stand or sit with your feet apart, and open your chest. It'll help put you back in control.

### **02 BREATHE!**

Taking deep breaths in and out can help you calm down - just focus on evenly inhaling and exhaling.

### **03 MOVE!**

Stand up, take a walk, or make a cup of tea - any action that interrupts your train of thought can help you feel more in control.

### **04 STEP AWAY FROM THE CHOCOLATE!**

Stressed? Something sweet will give you a boost, right? Sadly not. Research shows that eating too much sugar can actually make anxious feelings worse. Instead, drink a glass of water or eat protein, which will provide a slow release energy your body can use to recover.

### **05 LAUGH!**

Sometimes, laughter can be the best medicine. Cue up clips of your favourite comedian or funny TV show. Research shows that laughter has lots of benefits for our mental health and well-being; one study found that humour could help lower anxiety as much as (or even more than) exercise can.

# ***ANGRY? STRESSED OUT?***

Disagreements are a normal part of life. We're all individuals with different ideas, personalities and ways of doing things - and we all want to control the TV remote!

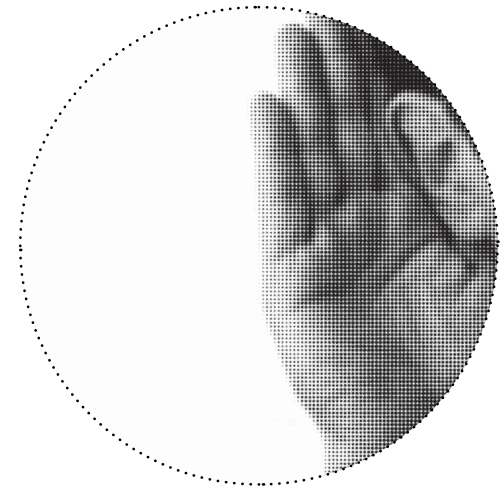
But while we shouldn't expect to agree all the time, those little arguments can build up, causing stress and damaging our relationships.

## **LISTEN LIKE YOU MEAN IT**

When you're stressed or tired, other people's questions or demands can seem irritating and overwhelming. But short, snappy answers can cause a flare up.

Try to take the time to show you're properly listening - and if you really can't concentrate...

- 01 • pause
- 02 • take a deep breath
- 03 • ask for a minute or two
- 04 • then give them your full attention



# *Arguments getting out of hand?*

## *Here are 5 things you can do about it...*



01

### **GET OUT**

Sometimes arguments happen because everyone is bored, has too much energy or is feeling trapped. Suggest a family walk - the fresh air and change of scene can help.

#### **02 HAVE GOOD ARGUMENTS**

Not all arguments are bad, it's how you deal with them that counts. If your children are always fighting, help them solve their problems together by getting them to explain each other's concern or complaint and suggest different solutions. Make sure you praise them for sorting it out.

#### **03 SET BOUNDARIES**

Whatever the size of your home, everyone in it needs their own space sometimes. Make sure you all have somewhere you can escape each other and be alone - even for a short time.

#### **04 SHARE THE BURDEN**

The Covid-19 pandemic has brought a lot of uncertainty and worry - about health, jobs, money and the future. Everyone is struggling with their own problems, but sharing your worries can help reduce tension and arguments.

#### **05 USE CODE**



If you're finding that arguments are becoming heated quickly, try introducing a family code word that anyone can say to signal to the rest of the family that it's time to cool down.

# ***BORED? LOSING TRACK OF TIME?***

Each day the same as the one before? Along with fear and anxiety, an unexpected side effect of the Covid-19 pandemic is boredom. Whether you've been furloughed or are still going to work, the lack of socialising has meant you can't let off steam out of work.

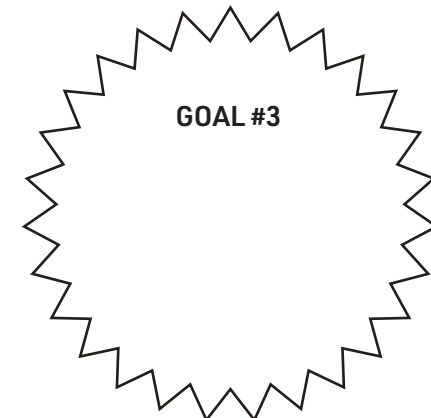
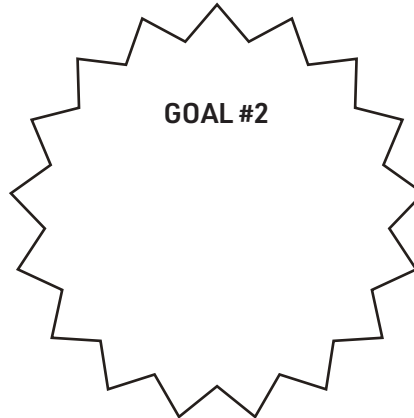
Boredom has been associated with increased drug and alcohol abuse, overeating, depression and anxiety, and an increased risk of making mistakes.

## **FIND A RHYTHM**

	Activity
MORNING	
MIDDAY	
AFTERNOON	
EVENING	
NIGHT	
	

Routines structure our days, and give our lives a sense of purpose and meaning. Create new routines and keep boredom at bay.

# ***Feeling bored or without purpose? Here are 5 things you can do about it...***



01

## **SET YOURSELF MANAGEABLE GOALS**

Write these down and feel a sense of achievement  
when you meet them.

### **02 TRY SOMETHING NEW**

Take this time to try something new. It could be anything - a bit of DIY you've been meaning to get round to, a new recipe or even a new dance on TikTok with your children.

### **03 GO WITH THE FLOW**

Don't try to do something so hard it makes you frustrated but also don't make it all too easy. It helps to keep in mind that what counts as too challenging, or not challenging enough, will shift throughout the day. Don't force yourself to keep at it if you need a break.

### **04 DON'T JUDGE YOURSELF**

It's okay to binge on TV, if that's all you can handle at the moment. Give yourself permission to enjoy some of the things you don't usually get to do.

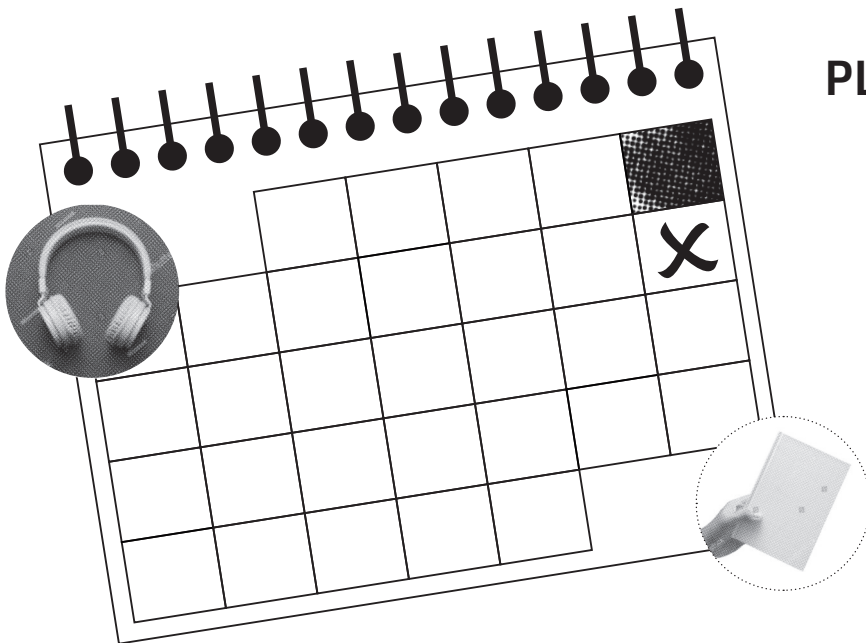
### **05 CONNECT WITH OTHERS**

It doesn't have to be a long video call or phone call. Just hang out together virtually while doing something else such as watching tv, cooking a meal or cleaning up. Enjoy the company without the need to talk!



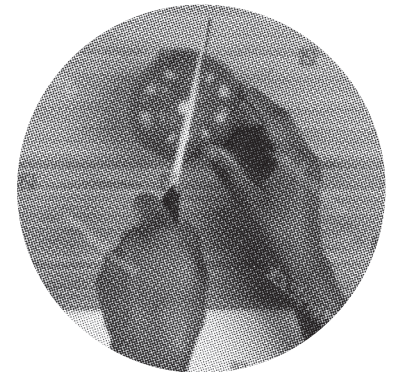
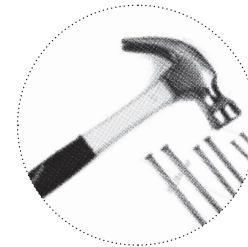
# ***FEELING DOWN OR LONELY?***

Loneliness doesn't just make us sad - it can make us ill too. There is now evidence that being lonely can increase the risk of health problems even more than obesity, physical inactivity or air pollution. We are all more at risk of loneliness during the Covid-19 pandemic. There is not one way to effectively deal with loneliness but there are lots of different things that can, and do, help. But while we shouldn't expect to agree all the time, those little arguments can build up, causing stress and damaging our relationships.



## **PLAN YOUR FUN**

Take time to plan ahead and include a pastime that makes you feel good. This can include listening to music, DIY, watching films, reading and cooking.



# *Feeling lonely?*

## *Here are 5 things you can do about it...*



01

### **CATCH UP WITH OLD FRIENDS**

Friendships are like plants - you need to tend to them regularly. Contact your friends, by phone or social media. You may feel that they are busy and won't have time for you, but you may be surprised if you make an effort to connect.

#### **02 MAKE NEW CONNECTIONS**

Volunteering is an excellent way to get involved at the moment. You can use skills or interests you have developed over your lifetime. Not only will you feel useful you will also meet new people.

#### **03 LITTLE THINGS CAN MAKE A BIG DIFFERENCE**

Even brief exchanges with other people can improve how you feel about yourself. Say hello to a neighbour, the shop keeper or person at the bus stop. You'll be surprised by how good it can make you feel.

#### **04 SPEND TIME OUTDOORS**

You can now spend as much time outside as you like and going outside regularly is a great way of feeling better and a part of the outside world. It can help you feel more connected to your community and enjoy the natural world and your local environment.

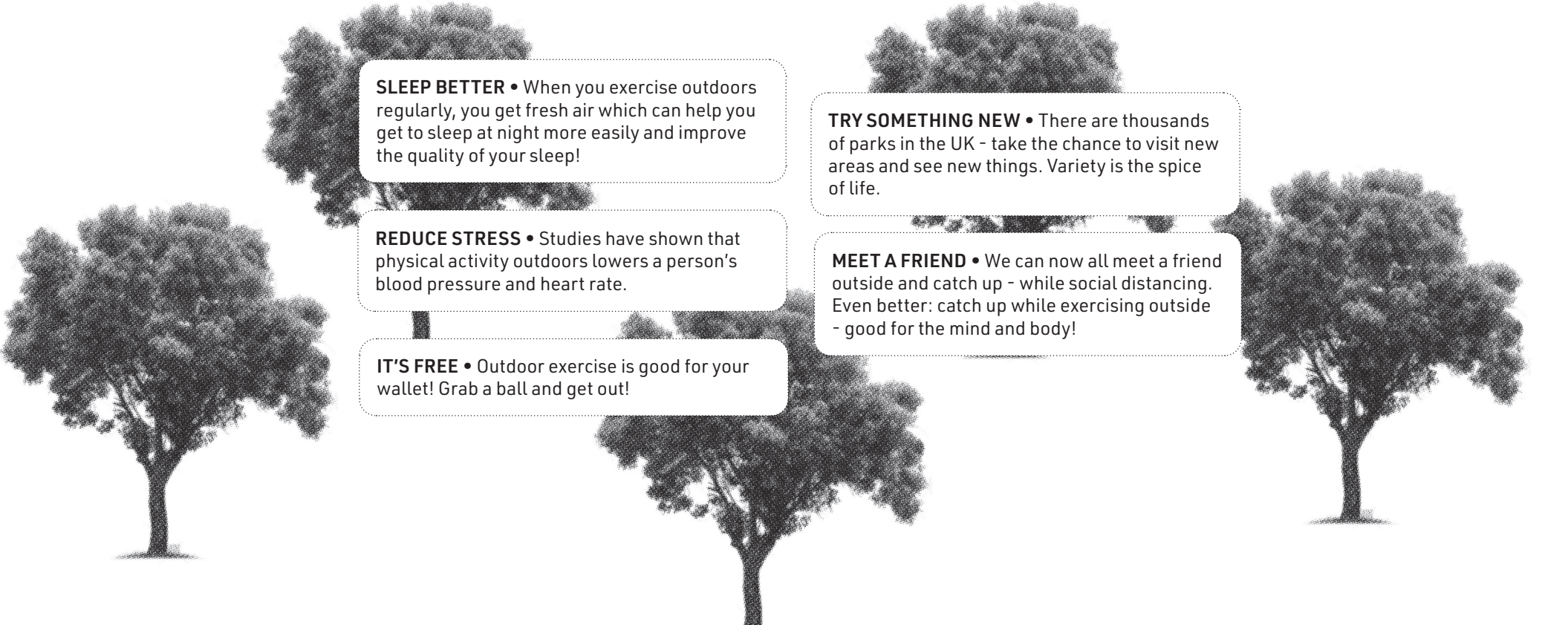
#### **05 FOCUS ON THE POSITIVE**

When you're feeling lonely it can help to focus your thoughts on the good things in life. Remembering happier times such as a holiday or party will help you to stay in a more positive place.

# ***FEELING DOWN OR LONELY?***

It's easy when we're tired or anxious to want to stay indoors and sit in front of the telly, but one of the quickest ways to feel better is to get outside for some light exercise.


Fresh outdoor air and sunshine can lift your spirits. Sunshine provides the vitamin D that we all need to keep our bones strong and actually helps our muscles generate more energy.



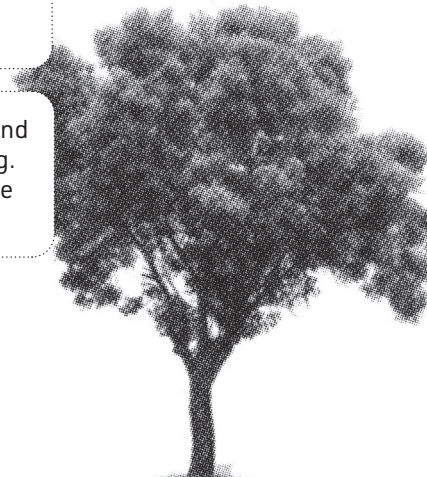
**SLEEP BETTER** • When you exercise outdoors regularly, you get fresh air which can help you get to sleep at night more easily and improve the quality of your sleep!

**REDUCE STRESS** • Studies have shown that physical activity outdoors lowers a person's blood pressure and heart rate.

**IT'S FREE** • Outdoor exercise is good for your wallet! Grab a ball and get out!



**TRY SOMETHING NEW** • There are thousands of parks in the UK - take the chance to visit new areas and see new things. Variety is the spice of life.



**MEET A FRIEND** • We can now all meet a friend outside and catch up - while social distancing. Even better: catch up while exercising outside - good for the mind and body!



# 5 REASONS TO GET OUTSIDE

01

**MEET A FRIEND** • We can now all meet a friend outside and catch up - while social distancing. Even better: catch up while exercising outside  
- good for the mind and body!

02

**TRY SOMETHING NEW** • There are thousands of parks in the UK - take the chance to visit new areas and see new things. Variety is the spice of life.

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05

**SLEEP BETTER** • When you exercise outdoors regularly, you get fresh air which can help you get to sleep at night more easily and improve the quality of your sleep!

# ***FEELING HUNGRY?***

Although there is no quick fix to boost your immune system and protect you during the pandemic, nothing beats a balanced diet. Eating lots of different fruit and vegetables is a really important way of helping the friendly bugs that live in your gut produce the chemicals your body's immune system needs to fight illness.


## **CUT DOWN ON THE SNACKS**



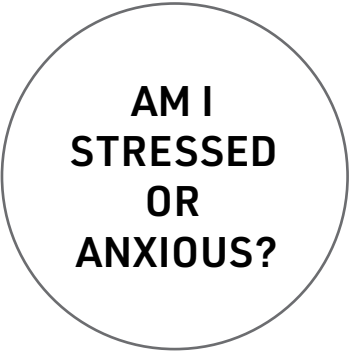
**AM I  
THIRSTY?**



**AM I  
BORED?**



**AM I  
SAD?**



**AM I  
STRESSED  
OR  
ANXIOUS?**

Then choose what you would like to do. You may like to make a hot drink, distract yourself by doing something else, or treat yourself to doing something nice like taking a bath or going for a walk to pick yourself up.

# ***FEELING HUNGRY?***



01

## **SNACK WELL**

If you do snack, there are lots of healthy options. Stock up on these and include them in your meal plan - nuts, fruit, dried fruit, cut up vegetables, boiled eggs, oatcakes, popcorn.

### **02 MENU PLAN**

Plan out your meals for the week - it will help you see more clearly what you are eating and whether it is a balanced diet. Aim to eat at least 5 portions of fruit and vegetables a day. They are rich in vitamins and minerals which support a healthy immune system. Fruit and vegetables could be fresh, tinned, frozen or dried - it all counts!

### **03 MAKE A LIST**

Use your menu plan to help you write a list of what to buy. This will help you to make sure you get all the ingredients you need to cook your planned meals - and avoid buying unhealthy snacks.

### **04 SHOP ONLINE**

If you can, try to shop online. It is a great way to keep your shopping experience quick and easy. It is also a good way to keep you safe at the moment.

### **05 THINK BEFORE YOU DRINK**

It's easy to get into the habit of drinking lots of tea, coffee or energy drinks to get you through a busy, tiring or stressful day - but the caffeine in them can affect your body for hours afterwards, making it harder to sleep. Cut down on caffeine, and instead make sure you drink plenty of water throughout the day.

# ***Want to get fit? Here are 5 reasons to get outside...***



01

## **SLEEP BETTER**

When you exercise outdoors regularly, you get fresh air which can help you get to sleep at night more easily and improve the quality of your sleep!

## **02 REDUCE STRESS**

Studies have shown that physical activity outdoors lowers a person's blood pressure and heart rate.

## **03 IT'S FREE**

Outdoor exercise is good for your wallet!  
Grab a ball and get out!

## **04 TRY SOMETHING NEW**

There are more than 3,000 parks in London - take the chance to visit new areas and see new things. Variety is the spice of life.

## **05 MEET A FRIEND**

We can now all meet a friend outside and catch up - while social distancing.  
Even better: catch up while exercising outside - good for the mind and body!





## ELECTROLYTE DRINK

Electrolytes are the salts in our bodies which dissolve into positive and negative charges, regulating the flow of water in and out of our cells. This drink replenishes sodium, potassium, and other essential electrolytes that are lost when we sweat. Dehydration is one of the biggest reasons for fatigue, so this will boost your energy!

### INGREDIENTS: (serves 2)

- Juice of 2 lemons
- Juice of 1 lime
- 6cm ginger, peeled
- 1 tsp sea salt
- 1 tbsp honey
- 100ml sparkling water
- 4 ice cubes

### METHOD:

- Juice the lemons and lime
- Grate the ginger
- Put all of the ingredients, except the mineral water and the ice, into a bowl and stir well
- Make sure the salt and the honey are properly dissolved
- Sieve the mixture into a jug, in order to remove the bits
- Divide the remaining liquid between two glasses
- Add two cubes of ice and 50ml of mineral water to each glass

The Liminal Space





## ALMOND ENERGY BALLS

Almonds are high in healthy fats, protein and fibre, and have a relatively high number of calories per serving, making them a great mid-shift snack as they provide a fast delivery of high energy in a small serving, and keep you fuller for longer. The raw cacao contains nutrients to fight stress and boost concentration, and also has low levels of caffeine, so is a better alternative to coffee.

### INGREDIENTS: (makes 20)

- 90g whole almonds
- 180g pitted dates
- 25g raw cacao powder
- 15g almond butter
- 15g coconut oil

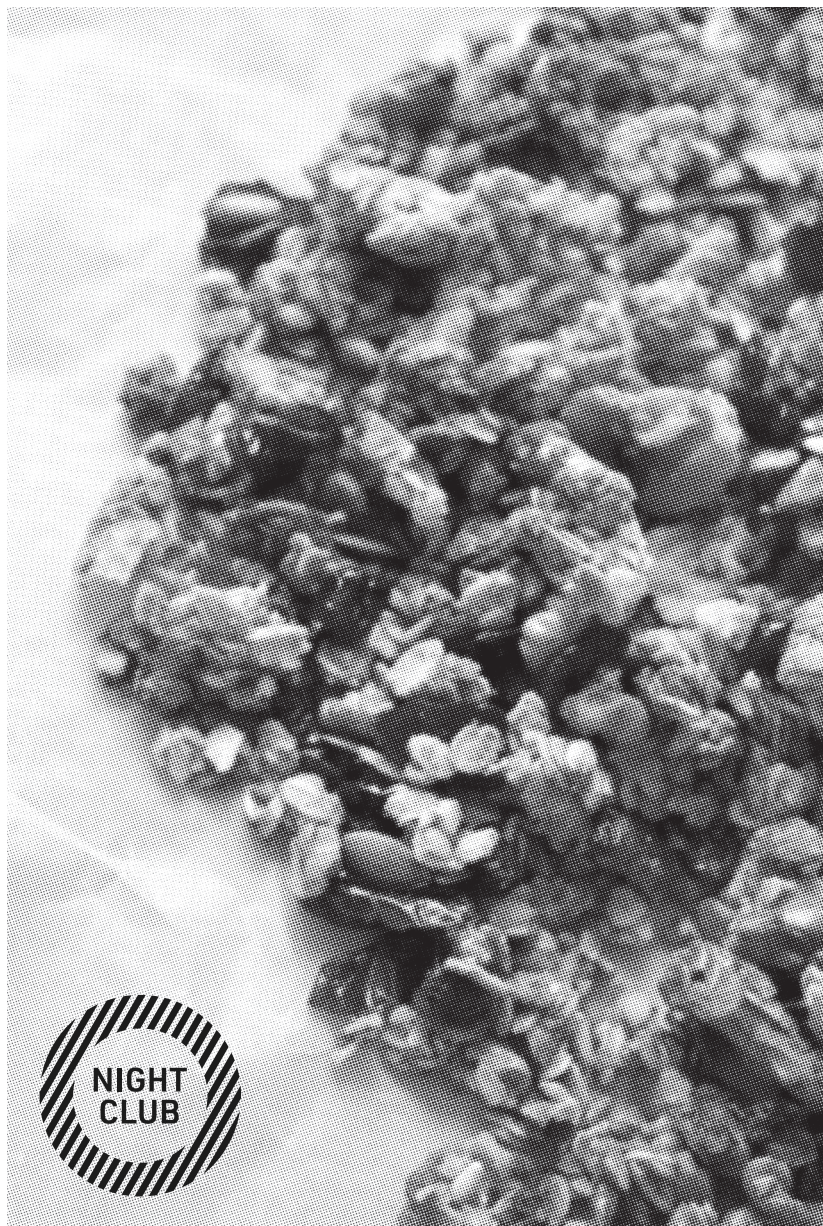
### METHOD:

- Put some greaseproof paper onto a tray that fits your freezer
- Pulse the almonds in the food processor until crushed
- Add the coconut oil and dates to the processor and mix
- Then add the almond butter and cacao powder and pulse again until it is one consistent mix
- Take a spoonful of the mixture and weigh out 15g on the scales.
- Pick up the 15g and roll into a small ball between your hands

- Once round, place onto the greaseproof paper tray
- Continue rolling the balls until the mixture has finished
- Place the tray with the rolled balls into the freezer for 1 hour
- Remove the balls from the freezer and store in an airtight container in the fridge for a maximum of 5 days

The Liminal Space





## SWEET POTATO GRANOLA

Sweet potatoes and oats provide slow burning (low GI), complex carbohydrates, which help melatonin reach the brain and also contain potassium, a muscle-relaxant. Pumpkin seeds are rich in magnesium, which helps to relieve stress. Serve with yogurt for more tryptophan to support melatonin production and promote sleepiness.

### INGREDIENTS: (makes 500g)

- 270g rolled oats
- 160g walnuts
- 35g sugar
- 5g ground cinnamon
- 60g coconut oil
- 60ml honey
- 100g puree (1 sweet potato)
- 50ml milk
- 30g dried cranberries
- 30g pumpkin seeds

### METHOD:

- Preheat the oven to 170°C
- Put a sheet of greaseproof paper onto two baking trays
- Wash the sweet potato and soften in the oven for 45 minutes
- Meanwhile, roughly chop the walnuts into smaller pieces
- Mix the oats, walnuts, cinnamon and sugar together

- Take out the sweet potato, let it cool, and then peel off the skin
- Pulse the sweet potato in a food processor with the milk until it is a smooth puree
- In a pan over medium-low heat, warm the coconut oil, honey and sweet potato puree and whisk
- Mix the warm mixture together with the bowl of dry ingredients
- Spread the mixture evenly onto the two baking trays
- Bake for 10 minutes, then take the trays out to stir and add the pumpkin seeds and cranberries
- Then put them back in the oven and bake for another 10 minutes
- Remove from the oven, and let the granola cool
- Store in an airtight container for a maximum of 2 weeks

The Liminal Space





## BAKED KALE CRISPS

Kale contains the amino acid L-tyrosine, which helps to give a boost of mental energy, and a high number of antioxidants, to help stabilise blood sugar levels. Kale crisps have a bad reputation for being an expensive thing to eat, but kale is actually cheap to buy and these crisps are easy to make in bulk and store as a healthy alternative.

### INGREDIENTS:

- 1 bag of kale (160g)
- 20ml olive oil
- 15g sea salt

### METHOD:

- Preheat oven to 100°C
- Put a sheet of greaseproof paper onto two baking trays
- Wash the kale and dry well
- Spread the kale evenly across the two baking trays
- Drizzle the oil evenly across the two trays of kale
- Spread the sea salt evenly across the two trays of kale
- Bake in the oven for 15 minutes then take out and toss the kale
- Put the trays back in the oven and bake for another 15 minutes
- Keep an eye out for if any of the leaves start to burn
- Remove from the oven, and let the kale chips cool
- Store in an airtight container for a maximum of 3 days

The Liminal Space





## EGG FRITTATA MUFFINS

Eggs are one of the only foods that contain naturally-occurring vitamin D, something that most people are deficient in. Spinach is an excellent source of iron, a key component of energy production in the body. and quinoa is a low GI carbohydrate, which means that the carbohydrates are absorbed slowly and can provide sustained energy release.

### INGREDIENTS: (makes 12)

- 100g quinoa (30g uncooked)
- 100g uncooked spinach
- 50g white onion (1/2 onion)
- 100g red pepper (1 pepper)
- 8 eggs
- 1 pinch of sea salt
- 1 pinch of black pepper

### METHOD:

- Preheat the oven to 190°C
- Grease a muffin tray well with a little butter or use paper cases or parchment paper
- Wash the quinoa in a sieve under a running tap
- Bring the 30g of uncooked quinoa to the boil with 60ml of salted water
- Once boiling, reduce to a simmer and leave for 15 minutes, stirring occasionally until the

quinoa is fluffy and water is gone

- Wilt the spinach on a pan until reduced, then strain the water
- Chop half of a white onion very finely and weigh out 50g to use
- Chop one red pepper finely and weigh out 100g to use
- Place the spinach, red pepper, onion and quinoa in a bowl and mix together
- Crack the eggs into a bowl, whisk together and season with salt and pepper
- Add the egg to the bowl of other ingredients and mix well
- Pour the mixture evenly into the prepared muffin tray
- Bake for 20 - 25 minutes
- Remove the frittata muffins from the tray and leave to cool
- Store in the fridge in an airtight container for 3 days max.

The Liminal Space